

# Recruitment Pack

## CYP Volunteer

March 2024

**Thank you for your interest in volunteering with Lancashire Mind.**

## Who are we?

Lancashire Mind is an independent mental health charity, delivering a strategy that has been co-created with the people of Lancashire.

We're an active member of the national Mind Federation, linking us with over 100 other local Mind organisations across England and Wales, providing excellent opportunities for good practice sharing and partnership working.

Our purpose is to achieve the best possible mental health and wellbeing for everyone in Lancashire. To achieve this, we will:

**Connect Minds** through ongoing engagement and co-creation  
**Change Minds** by challenging stigma and increasing knowledge around mental health  
**Support Minds** by being a source of help, where, when and how people need it.

Around 1 in 4 people in Lancashire are currently living with a mental health condition. While these individuals can play an active role in society there are still too many barriers to good health and wellbeing.

We believe that everyone can achieve mental wellbeing and that resilience is the key to sustaining it. With 50% of mental health conditions developing before the age of 14, building resilience from an early age is central to the work we do.

Our work empowers people in Lancashire to value and take care of their mental health. We work in partnership with others to provide support,

raise awareness and campaign across Lancashire to make mental wellbeing a priority.

We are determined to ensure we're an organisation that is representative of the diversity of the whole county and one that challenges the mental health inequalities faced by our communities. We're working to become a truly anti-racist organisation. We will not rest until we achieve mental wellbeing for everyone in Lancashire.

Lancashire Mind in 2024, is in a strong position in terms of finance, leadership and service delivery, guided by our 2021-2027 strategy.

Our five strategic aims are:

1. To listen, learn and influence
2. To work with others to solve problems
3. To keep making it easier to talk about mental health and wellbeing
4. To get people the help they need
5. To keep getting better

Our purpose, mission and aims are underpinned by four values, which are to be: Real, Bold, Caring and Open.

Everyone who works for Lancashire Mind is fuelled by a passionate belief that enabling people to achieve mental wellbeing will reduce the number of people who go on to develop a mental health condition and, for those who do to have a better chance of remaining well.

We believe that, working together with others, we can make Lancashire a leading county for mental wellbeing, and ensure everyone experiencing a mental health condition is treated as an equal member of society.

**Join us to connect, change and support minds.**

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## **Info about the project / team you are joining.**

The Children and Young Peoples' (CYP) team deliver a range of projects primarily in partnership with schools, but we also deliver projects to community organisations and groups. The projects we deliver support Children and Young People in Lancashire to develop resilience, positive coping skills and understand their own and others mental wellbeing.

The team are passionate about the services they offer and have a wealth of experience to support the projects they deliver.

Projects include: -

- **Bounce Forward** is delivered in primary schools to whole classes, groups, and individual pupils. It helps children and young people develop resilience, practical coping skills and understanding of their own and others mental wellbeing.
- **5 Ways workshop/Assembly** can be delivered to primary or secondary age pupils. We also offer this to colleges and community groups, such as youth clubs etc. It helps children and young people to understand small actions they can implement to boost wellbeing.
- **CYP Wellbeing Coaching** is delivered virtually to individuals from age 10-18 We support young people to develop coping strategies,

increase confidence and build positive relationships and support networks. This helps them to improve and maintain their wellbeing.

- **P.E.A.K project** is delivered in colleges and co-designed by young people. This project aims to improve the wellbeing of young people by providing accessible support to meet the needs of individuals. This may include one to one coaching or group coaching sessions.
- **Wellbeing Ambassador Training** is a full day of training to pupils who learn about the role of the wellbeing ambassador to then work with the school to offer peer support to other young people by organising and delivering activities that focus mental health and wellbeing in the setting. Up to now this has been primarily in high schools and, although this offer is being extended to colleges and community groups.
- **Wellbeing Challenge** is a social action project that can be delivered in both educational and community settings. The aim of the project is for young people to collaborate with a CYP coordinator to design a wellbeing asset to support and improve wellbeing within that community.

Above all, we want someone who believes in our vision of a Lancashire where everyone has the opportunity to have the best mental health and wellbeing possible.

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## **What people enjoy about**

# volunteering with Lancashire Mind

- A shared passion for mental health and wellbeing across the organisation
- Rewarding work - making a difference, seeing progression, a sense of achievement
- Feeling valued, listened to and supported by peers
- Given responsibility, trust, openness and autonomy
- Lots of opportunities to learn, including shadowing colleagues and getting to know about each area of the organisation's work
- Friendly, supportive environment with peers who genuinely care

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## How to apply

If you would like to discuss the volunteering opportunity before applying, please contact [gemmabrennand@lancashiremind.org.uk](mailto:gemmabrennand@lancashiremind.org.uk).

Email your completed application form to Gemma Brennand or [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk). Please do not convert your form to a PDF, otherwise it will not be possible for us to remove the identifying information before sending your application to the recruitment panel.

If you have any questions about the application process or require support with the process, please contact our Operations Team on 01257 231660.

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